

# Arbeitsbuch 6. & 5. Kyu

合  
氣  
道



AIKIDO Prüfungsprogramm  
nach Masatomi Ikeda Sensei  
1940 - 2021

7. Dan, ehemaliger  
technischer Direktor des  
schweizerischen Aikikai  
Verband (ACSA)

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## 6. Kyu

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<b>TACHIWAZA</b>		
Shomenuchi	1	Iriminage
Kiawase	2	Kotegaeshi
Katatetori	3	Ikkyo Omote
Aihanmi	4	Ikkyo Ura
Katatetori	5	Shihonage Omote
Gyakuhanmi	6	Shihonage Ura
Ryotetori	7	Tenchinage
	8	Genkeikokyunage

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## 6. Kyu (TACHI WAZA)

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1

Shomenuchi Kiawase



Iriminage



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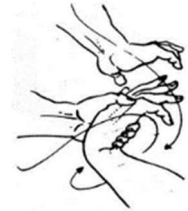
## 6. Kyu (TACHI WAZA)

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2

Shomenuchi Kiawase

Kotegaeshi



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## 6. Kyu (TACHI WAZA)

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### 3 Katatetori Aihanmi



### Ikkyo Omote



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## 6. Kyu (TACHI WAZA)

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### 4 Katatetori Aihanmi



### Ikkyo Ura



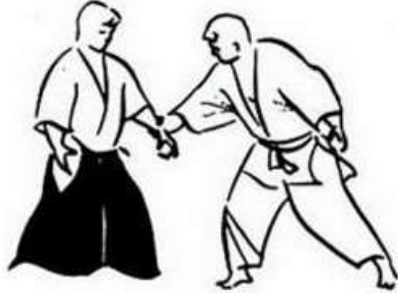
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## 6. Kyu (TACHI WAZA)

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5

Katatetori Gyakuhanmi



Shihonage

Omote

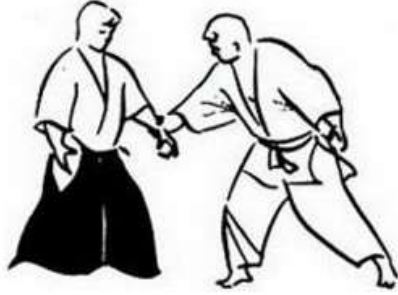


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## 6. Kyu (TACHI WAZA)

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6 Katatetori Gyakuhanmi



Shihonage  
Ura



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## 6. Kyu (TACHI WAZA)

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7 Ryotetori



Tenchinage



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## 6. *Kyu* (TACHI WAZA)

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8

Ryotetori



Genkeikokyunage



# 5. Kyu

<b>TACHIWAZA</b>			
Shomenuchi Kiawase	1	Iriminage	
	2	Kotegaeshi	
	3	Ikkyo Omote	
	4	Ikkyo Ura	
	5	Sumiotoshi	
	6	Uchikaitennage	
Katatetori Aihanmi	7	Ikkyo Omote	
	8	Ikkyo Ura	
	9	Nikyo Omote	
	10	Nikyo Ura	
	11	Iriminage	
	12	Kotegaeshi	
Katatetori Gyakuhanmi	13	Shihonage Omote	
	14	Shihonage Ura	
	15	Tenchinage	
	16	Genkeikokyunage	
	17	Uchikaitennage	
	18	Sotokaitennage	
Ryotetori	19	Tenchinage	
	20	Genkeikokyunage	
	21	Shihonage Omote	
	22	Shihonage Ura	
Chudantsuki	23	Ikkyo (Gokyo)	Uchisabaki
	24	Kotegaeshi	Sotosabaki

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# 5. Kyu (TACHI WAZA)

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## 1 Shomenuchi Kiawase



## Iriminage



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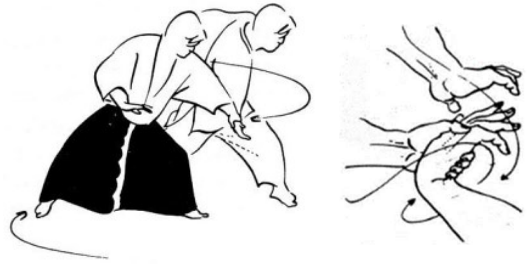
## 5. Kyu (TACHI WAZA)

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2 Shomenuchi Kiawase



Kotegaeshi



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## 5. Kyu (TACHI WAZA)

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3 Shomenuchi Kiawase



Ikkyo Omote



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## 5. *Kyu* (TACHI WAZA)

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4 Shomenuchi Kiawase



Ikkyo Ura



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## 5. *Kyu* (TACHI WAZA)

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5 Shomenuchi Kiawase



Sumiotoshi



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## 5. Kyu (TACHI WAZA)

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6 Shomenuchi Kiawase



Uchikaitennage



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## 5. *Kyu* (TACHI WAZA)

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7 Katatetori Aihanmi



Ikkyo Omote



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# 5. Kyu (TACHI WAZA)

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8

Katatetori Aihanmi



Ikkyo Ura



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## 5. *Kyu* (TACHI WAZA)

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9 Katatetori Aihanmi



Nikyo Omote



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# 5. Kyu (TACHI WAZA)

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10 Katatetori Aihanmi



Nikyo Ura



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## 5. Kyu (TACHI WAZA)

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### 11 Katatetori Aihanmi



### Iriminage



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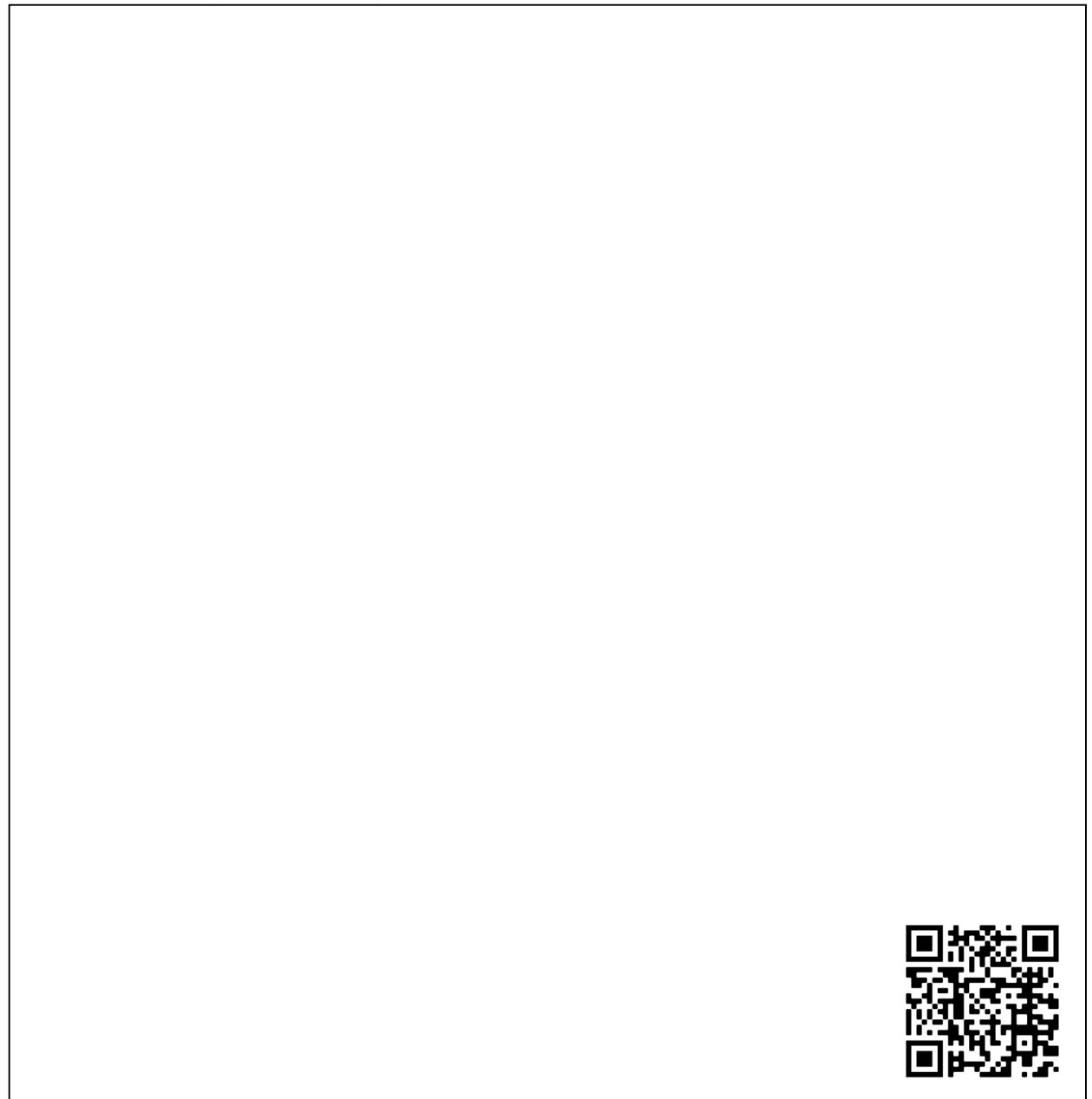
## 5. *Kyu* (TACHI WAZA)

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### 12 Katatetori Aihanmi



### Kotegaeshi

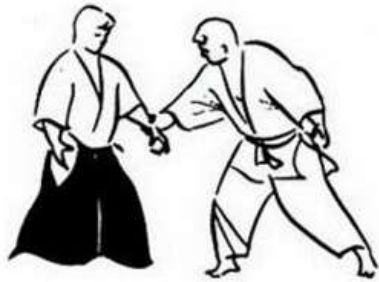


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# 5. Kyu (TACHI WAZA)

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## 13 Katatetori Gyakuhanmi



## Shihonage Omote

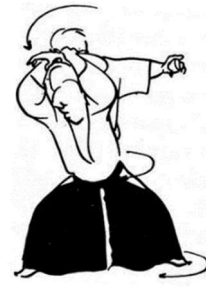
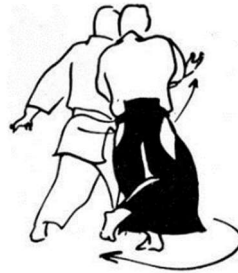
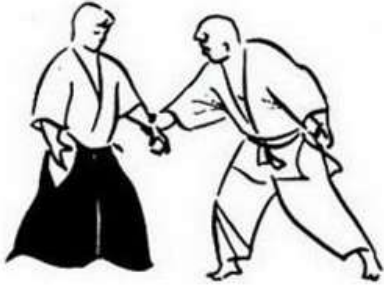


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## 5. Kyu (TACHI WAZA)

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### 14 Katatetori Gyakuhanmi Shihonage Ura

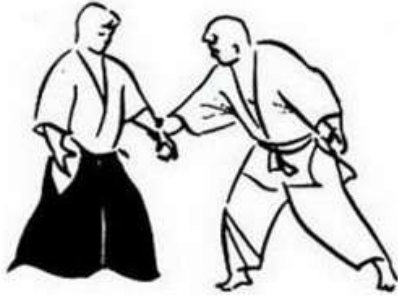


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## 5. Kyu (TACHI WAZA)

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15 Katatetori Gyakuhanmi



Tenchinage



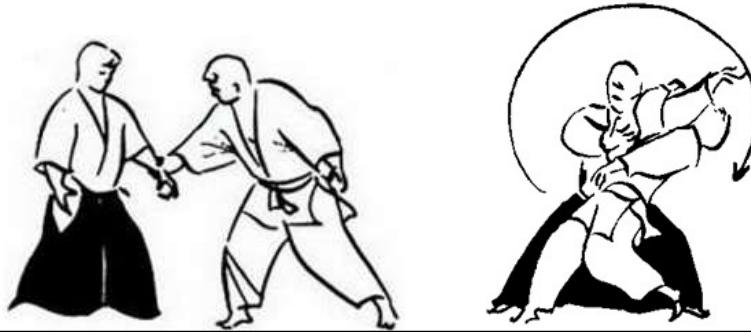
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## 5. Kyu (TACHI WAZA)

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### 16 Katatetori Gyakuhanmi

Genkei-  
kokyunage

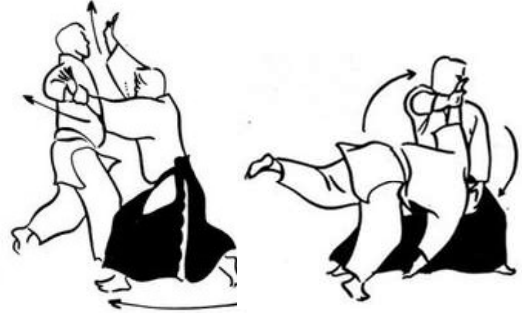


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## 5. Kyu (TACHI WAZA)

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### 17 Katatetori Gyakuhanmi Uchikaitennage

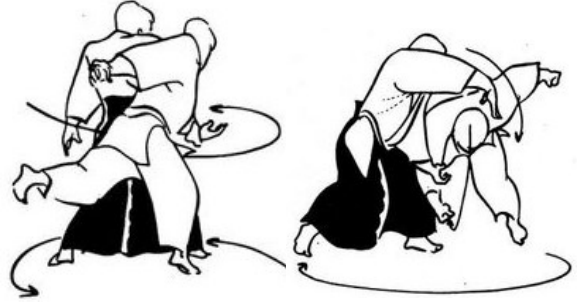
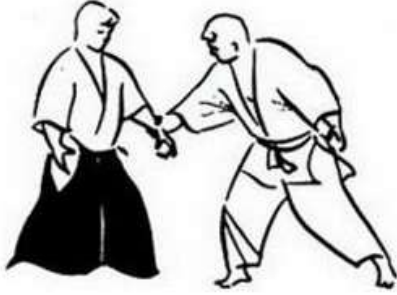


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## 5. Kyu (TACHI WAZA)

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### 18 Katatetori Gyakuhanmi Sotokaitennage



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## 5. Kyu (TACHI WAZA)

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19 Ryotetori



Tenchinage



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## 5. Kyu (TACHI WAZA)

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20 Ryotetori



Genkeikokyunage



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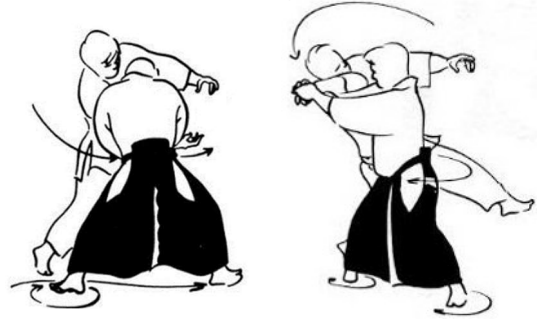
# 5. Kyu (TACHI WAZA)

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## 21 Ryotetori



## Shihonage Omote



# 5. Kyu (TACHI WAZA)

2

Ryotetori

2



Shihonage Ura



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## 5. *Kyu* (TACHI WAZA)

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### 23 Chudantsuki Ikkyo (Gokyo) Uchisabaki



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## 5. Kyu (TACHI WAZA)

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24 Chudantsuki



Kotegaeshi  
Sotosabaki

